



**KRAKEN
COMMUNITY
ICEPLEX**

Freestyle Ice Etiquette & Discipline

To achieve any level in any sport, there is a degree of discipline that an individual and team must apply. A motivating and positive atmosphere is important for athletes and coaches to develop success. As we work together to accomplish these goals, we ask that you abide by the following rules and guidelines.

- Maximum of 32 skaters on the ice during a freestyle session. (First come first serve)
- Food and/or drink are **not** permitted on the ice (exception - plastic bottles for hydration)
- All skaters are required to check in with the administration desk before they step on the ice for each session. Skaters who aren't signed in will be asked to leave the ice.
- Skating lessons are not included in the ice fee packages. They are invoiced directly to the parent from the coach.
- Skaters that need to leave the ice for any reason during a freestyle session must get permission from a coach.
- Skaters must bring with them to the boards water bottles, gloves, music, etc.
- Parents are welcome to watch from the lobby and bleachers areas. Parents are not allowed on the player's bench side of the rink.
- Any parent observed instructing a skater (including gestures from the bleachers) will result in the removal of the parent and the skater from the rink. There will be no refund or credit for unused sessions or classes. Video from the sides and communicate after the freestyle session is over, not during.
- Kicking the ice or boards, shouting, foul or abusive language or arguing with other skaters or coaches will not be tolerated. Conduct yourself as a professional.
- Skaters must leave the ice promptly at the end of the session.
- You are asking a lot of your body. Dynamic warm up, nutrition and mental training are all key components to a long and healthy skating career.
- Bullying will not be tolerated. Arrive at KCI with a positive attitude. Be courteous to your fellow skaters, coaches and rink staff. Skating is very difficult and at times a frustrating sport to learn no excuse for a poor attitude and bullying.
- Please take pride in wearing proper skating attire such as club jackets, skating pants, sweaters, gloves and tights on the ice. No baggy sweatshirts, jeans or sweatpants.
- Skaters are not allowed to text and call from the ice surface.
- Ear buds, head phones or anything similar to head phones are not allowed for safety.
- Skaters, do not video yourself during a freestyle session. KCI does have livebarn. You coach can utilize video during lessons and connect with them to receive video.